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SWK246 – Interpersonal Communication Skills

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## 9.2 Relational Stages

### 1. Relational stage illustrated: Intensifying stage

This stage is in the intensifying stage where both friends are disclosing something personal but also can relate to each other.

### 2. Relational stage illustrated: Integrate stage

Both individuals are integrated as their sharing and comparing their grades with one another.

### 3. Relational stage illustrated: Intensifying stage

Both individuals are in the intensifying stage as their sharing their personal past romantic experiences.

### 4. Relational stage illustrated: Bonding stage

The long-time friends are in the bonding stage as they have been friends for a long time and are sharing what they are both worried with their parents and are relating to one another.

### 5. Relational stage illustrated: Avoiding stage

The cousins are in the avoiding stage because they're not communicating as they have no interest in talking to one another or having a relationship.

### 6. Relational stage illustrated: Integrated stage

The divorced couple is in the integrated stage because they are communicating and their meeting up to discuss and come to an understanding about their children.

### 7. Relational stage illustrated: Integrating stage

The man and woman that are working together are in an integrated stage because they dated in the past and are now going to be working at the same company where they are more likely cordial and respectful to one another.

#### 8. Initiating stage

The manager and the employee are in the initiating stage because it is a meeting between the boss and the employee to discuss about a problem that they are both experiencing.

9. Your example: The son confides to his mom about having feelings for someone he's really into and wants his mother's advice on how to approach the young lady

Relational stage illustrated: Bonding stage

The son and the mother are in the bonding stage as the son trusts his mom to talk about someone he's really into and wants his mother advice.

10. Your example: Two good friends are having a heated conversation over a topic they disagree on

Relational stage illustrated: Differentiating stage

Both friends are in the differentiating stage as each have their own opinion and are upset about the topic they're talking about.

#### 9.6 Sustaining Interpersonal Relationships

##### 1. Relationship: a newlywed couple

Strategies: Assurance and positivity

Description: Husband: I want you to know that I love you and support you on wanting to go to culinary school. I can wait to have children with you.

Wife: I appreciate your love and support as I take on this journey in going to culinary school and I'm glad you're understanding on waiting to have children.

Effects: The wife will feel good about making the decision of going to culinary school and waiting to have children when she finishes school.

2. Relationship: college roommates

Strategies: Sharing tasks

Description: Roommate 1: I appreciate you owning to being responsible in the keeping the room clean. Roommate 2: Of, course! I want to continue being responsible and maintaining our room clean and organized.

Effects: Both roommates are happy and respecting each other's boundaries as each of them are taking the responsibility in keeping the room clean.

3. Relationship: adult brother and sister

Strategies: Openness

Description: Sister: It's okay that you're feeling sad and lonely after the breakup of long-time girlfriend I know it's painful and I'm here for you Brother: It's so painful not having her in my life anymore, I feel so sad and lonely. Thank you for listening to me.

Effects: One sibling is sharing his deep feelings and his sister is being there for him and giving him support through a difficult time.

4. Relationship: employee and supervisor

Strategies: Positivity

Description: Supervisor: You're doing a good as the manager and are working well the rest of the employees. Employee: I want to thank you for your encouragement, I appreciate it and it motivates me to continue working here for this company and with my employees.

Effects: The supervisor giving the employee encouraging words makes a difference in the employee job as it motivates to continue doing better.

5. Relationship: romantic couple who are experiencing relationship stress

Strategies: Openness

Description: Wife: We struggling to make ends meet financially Husband: Yea, I have to start looking for a second job to make more financially to cover for our extra expenses

Effects: In being open and having communication the couple is able to have a conversation about their stress and financial struggle

6. Relationship: you and a significant relationship

Strategies: Assurance and positivity

Description: Myself: I want you to know that you are important to me and care about you a whole great deal. I really like how passionate you are about business venture and where it will take you. Significant other: I care about you as well and I love how focus you are with school and you'll be when you've accomplished your goals in being successful in your career.

Effects: The couple expressing assurance of love and care for one another and being positive and supportive in their career.

## 9.7 Repairing Damaged Relationship

1. Relationship: coworkers

Types: lack of commitment and disrespect

Relative Dimension: significant, relational, and deliberate

Amends: accepting responsibility and requesting forgiveness

Description: I was wrong about taking the credit it and criticizing you. It is my fault. Will you please forgive me?

Effect: The coworker accepting the apology.

2. Relationships: girlfriends

Types: lack of commitment. Distance, problematic, emotions, and aggression

Relative dimensions: significant, deliberate, and incremental

Amends: expressing regret, accepting responsibility, and requesting forgiveness

Description: I'm sorry, about the way I acted, I feel bad about what I did. I was wrong. It was fault. Will you please forgive me for not being honest for not expressing to you how I felt about your relationship with your partner?

Effect: Her friend will accept her apology and understand why her friend felt jealous

3. Relationship: student and teacher

Types: lack of commitment and distance

Relative dimension: significant, relational, deliberate, and incremental

Amends: Accepting responsibility and making restitution

Description: Student: I was wrong about not submitting my assignments on time and ignoring your emails it was my fault. What can I do to make it right?

Effect: Professor: You can submit your submit your assignments but you have to understand you will have points taken for not turning in your assignments on time.

4. Relationship: parent and 13-year-old child

Types: disrespect, problematic emotions, and aggression

Relative dimension: significant, deliberate, and incremental

Amends: expressing regret, accepting responsibility, genuinely repenting, and requesting forgiveness

Description: Parent: I'm so sorry for lashing out on you and I called you names, I know that hurt you. What can I do to make it right? I'll try not to do that again. Will you please forgive me?

Effect: Child: accepts parent's apology

Effect:

### 10.2 Assessing Formative Effects of Family Communications

1. I grew up in a good and loving environment. My mom and dad were affectionate with my brother and me. My brother got a little more attention because he had a learning disability. Also, my parents shielded my brother and me. And because of that we're home bodied.
2. I feel that I grew up in a stable home. My mom stood home as a homemaker while my dad went to work and provided for us all. I don't ever remember feeling fear of abandonment.
3. I am the oldest in my family. It's just my brother and myself. My parents are still together. They never got separated or divorced.
4. I've been always seen as the emotional one. I cry about everything. But I'm also seen as strong and organized.
5. Being shielded or sheltered from the outside has affected me in that I hardly like going out. I always prefer to stay indoors. And I'm so shy at first, I don't like to be the center of attention. I like keeping to myself.

### 10.5 Identifying and Applying Languages of Love

1. Words of Affirmation: You look so beautiful; I love the way your hair looks today.

Quality Time: Watching a movie together

Gifts: buys flowers

Acts of Service: does the laundry

Physical Touch: Massages

-Words of affection and quality time

Why? Because he needs to remind his wife how much he loves her and spend time with since they haven't spending time with each other

2. Words of Affection: Cecilia can write a letter to Jerry about how she feels

Quality Time: Going out to dinner and having a conversation about where their relationship is now

Gifts: Cecilia can give Jerry a nice cologne

Acts of Service: She can make Jerry his favorite meal

Physical Touch: Cecilia can give Jerry a good rub on his back

-Words of affirmation and quality time

Why? Because Cecilia is uncertain about the relationship she has with Jerry.

3. Words of affection: Samantha can give Jane verbal support or write a letter

Quality Time: Spend time with each other watching Netflix

Gifts: Samantha can buy Jane some flowers or jewelry

Acts of service: Samantha can clean around the house, help Jane in whatever she needs, or can cook for her

Physical Touch: Samantha can give Jane a good massage

-Words of affection and physical touch

Why? Because there has been tension between Samantha and Jane, and she can give Jane some words encouragement because how Jane is feeling about her family.

4. Words of affection: My partner tends to express that he loves me and cares about me

Quality Time: We like watching investigative shows

Acts of service: I like cooking, cleaning, making my partner his favorite meals. He also helps around the house

Gifts: We like giving to one another. For example: fragrances, clothing, flowers, jewelry, etc.

Physical Touch: we are very affectionate with one another

Quality time, acts of service, and physical touch

Why? We love spending time with each other, we love helping each other, and we are very affectionate.